**BEESTON AC**

**2023 Beeston AC parkrun challenge – post from Dave Cross**

Points available if your age grading at the event is your best age grading.

Rules -

1st claim BAC members only.

Have Beeston AC as your club on your parkrun profile as I will use this to filter the results.

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| --- | --- |
| **Date** | **parkrun** |
| 18/02/2023 | Beeston |
| 18/03/2023 | Forest Rec |
| 15/04/2023 | Long Eaton |
| 13/05/2023 | Rushcliffe |
| 03/06/2023 | Volunteer at any of the parkruns on the list |
| 10/06/2023 | Wollaton Park |
| 08/07/2023 | Colwick |
| 05/08/2023 | Clifton |
| 02/09/2023 | Gedling |
| 30/09/2023 | Bestwood |
| **TOTAL** |  |

Scoring

10 points for showing up either as volunteer or runner

10 points for an age grading PB

20 points for volunteering on 3/6

Bonus points for number of events completed -

10 events (inc volunteering) - 100 points

9 events - 90 points

8 events - 80 points

7 events - 70 points

6 events - 60 points

5 events - 50 points

4 events - 40 points

3 events - 30 points

Prize(s) tbc